

Mindfulness & Summer Yoga Camp! for Kids!



Mindful Kids



at the *Madison Community House*

25 Cook Ave, Madison, NJ

Mindfulness Strengthens the Brain:

- Improves focus & concentration
 - Lowers stress & anxiety
 - Builds social skills

Three-day camp includes:
yoga class, mindful games,
mindful coloring &
mindful eating.

Taught by Certified Mindfulness
Instructors

from *Mindful Kids* and
Anchored Minds & Bodies.

Tuesday - Thursday
Aug 9, 10 & 11
2:30 - 4:30 pm

for Rising
1st -5th Graders*
\$150/student

*Small Class Sizes

Register: Email Mary Lea
marylea@mindfulkidsnj.com